

# Spring into Spring

## Cardinal Chiropractic Centers

### Warm Weather is Here!

We've all felt the effects of the warm-up over the last month. Temperatures have risen from the mid-30's to the low-80's and it's officially Spring time! If you're like most people, you're ready to head outdoors and jump into your favorite activity.

However, you could be a little out of shape from inactivity over the winter. You would never let your car sit all winter and expect it to perform at its peak without a little help, so why expect it of your body, a much more finely tuned machine? The answer is you shouldn't. Your body needs a tune up after periods of rest too. So, before

you get started on those yard projects, new exercise routines, or endless rounds of golf, be sure to stop by our office.

A visit to the chiropractor before you start any new activity can prevent unnecessary problems that can arise from pushing your body to do something it isn't ready for. If you haven't been in to see us lately, you owe it to yourself to make an appointment. It will help relieve any aches and pains you've been feeling and prepare you to be at your best. If you have been getting adjusted regularly over the winter, good for you! Let's keep at it and be sure to also let us

help you with an exercise program. By working hand in hand with one another, your chiropractor and you can make you the best you can be and help you live the type of healthy satisfying lifestyle you really want. Give us a call today!



Time for a tune up so you can enjoy the warm weather!

### 50% Off Vitamin and Supplement Sale

Vitamins and supplements provide a natural approach to better health. Unlike many drugs that can harm the kidneys and liver and cause unwanted side effects, vitamins and supplements enhance your health

safely and naturally. Our wonderful products come directly from the manufacturer and are of the highest quality. We want to help you get started being the best you can be. That's why all month long we will

be having a *half price sale on all vitamins and supplements* sold in our office. Simply ask any member of our caring staff for assistance in selecting the proper vitamin or supplement for you.

April 2007

Dr. Michael Baker

#### Inside this issue:

Calling All Green Thumbs	2
Out and About Around Town	2
Bending the Right Way	2
Louisville Paths and Trails	3
On the Web!	4

#### Check it out!

- Did you know gardening causes more summer back injury than sports? Find out how to keep your spine safe on page 2.
- For all those with spring fever, we've got the complete list of paths and trails around Louisville so you can get out and enjoy the season. Look on page 3!
- Have you visited our website recently? Find out about all our updates on page 4!

# Calling All Green Thumbs

Improper gardening techniques bring on more cases of back pain than running or outdoor sports. Thus, knowing how to protect your spine by letting your arms and legs do the work while tending your blooming garden is essential. It will not only keep your spine healthy, but will strengthen your arms and legs and make your gardening more enjoyable.

Never bend and twist from the waist when weeding or planting. Instead kneel on either one or two knees and use shorter tools. When you are ready to clear away the debris or extra dirt

you've amassed, lift with your legs and thighs from a squatting position rather than bending down to pick up the load. Also, be sure that you are not carrying too much weight—you can always make another trip if you need it. Another way to avoid heavy loads is to use a wheelbarrow. When you do this, be sure the handles are long enough that you don't have to stoop as you push. Long handles are also good for other upright tools like rakes, shovels, and lawn

mowers. No matter what your activity in the garden, switch hands frequently to prevent shoulder and low back pain or spasms due to repetitive motion and change up your activities every thirty minutes or so to prevent muscle imbalance. Finally, remember to hydrate and don't overexpose yourself to the sun.

Gardening should be a fun and relaxing experience, so get out there and enjoy it!



Practice safe gardening by protecting your spine.

## Out and About Around Town

"Move it, Louisville!" Chances are you've heard this slogan for the Mayor's Healthy Hometown Movement. Currently, Kentucky is among the five fittest states in the nation and 35% of Louisville residents are not engaging in any form of exercise. To help combat these stats, Mayor Abramson has worked to improve and expand our city parks.

This is great news to you because it means there are plenty of places to get out and about around town, most of which are free to the public. In fact, *Louisville's Fitness Parks* (a brochure put

together by the Metro Parks Department) boasts of 122 parks covering more than 13,500 acres. Each facility is packed with options for hiking, exercise, and a variety of team sports.

To help you get started with your fitness goals for the spring season, we've reprinted a listing of the paths and trails to be found around the city on the next page. Check them out today!

**"Louisville's Fitness Parks ... boasts of 122 parks covering more than 13,500 acres"**

## Bending the Right Way

Are you one of the many people walking around with a sore spot in your back because you bent funny or woke up wrong? If so, try these tips for bending safely. They're guaranteed to help!

**Morning Swing:** Instead of just jumping up in the morning, roll onto your side, prop yourself up on your elbow, swing your legs over the side of the bed, and push yourself to a sitting position.

For more help, use your hands to push you up into a standing position too.

**Backseat Reach:** Don't twist up like a pretzel to get to that backseat briefcase or jacket when you're in the car. Instead, rotate your whole body 90 degrees to the right, grasp

the object in back and pull it to you without lifting it up.



You don't have to be this flexible to be a good bender.

**Shoestring Trick:** It happens to all of us—we're walking along and notice a loose shoelace. Rather than bending over to tie it, get down on one knee or prop your foot on a nearby chair.

# Cross Country / Hiking Paths and Trails

**Our staff has maps of select parks available in the office. Just ask!**

Creason Park, 1297 Trevilian Way: 3.1 to 6.2 miles

Seneca Park, Cannons Lane and PeeWee Reese Road: 3.1 miles

McNeely Lake Park, Cooper Chapel Road at Lakeview Drive

Waverly Park, Arnoldtown Road and Clayton Terrace: numerous unmarked trails

Jefferson Memorial Forest, 11311 Mitchell Hill Road, 368-5404: 22.5 miles of trails plus a paved disability-accessible trail

Hays Kennedy Park, Bass Road off River Road, 583-3060: Trails in Garvin Brown Preserve managed by River Fields

Otter Creek Park, 850 Otter Creek Park Road in Brandenburg, 574-4583: 21 miles of hiking and mountain biking trails

## Walking and Exercise Paths and Trails

Algonquin Park, Cypress and Burwell Street: 0.25 mile walking

Beargrass Creek Greenway, Grinstead Avenue to Spring Street: 1.33 miles multiuse including bike trails

Butchertown Greenway, Brownsboro Road to River Road: 0.5 mile multiuse including bike trails

Camp Taylor Memorial park, Poplar Level Road and Lincoln Avenue: 1 mile fitness and 0.33 mile walking

Cane Run Road Park, Cane Run Road south of Lees Lane: 0.75 mile walking

Cherokee Park, Eastern Parkway at Cherokee Road: walking, hiking, multiuse including bike trails from 0.375 to 2.4 miles

Chickasaw Park, Southwestern Parkway and Greenwood Avenue: 1 mile fitness

Carrie Gaulbert Cox Park, River Road and Indian Hills Trail: 1 mile multiuse

Des Pres Park, Lowe Road off Taylorsville Road: 0.5 mile walking

Flaget Field Park, 45th Street and Greenwood Avenue: 0.25 mile walking

Iroquois Park, Taylor Boulevard and Southern Parkway: walking, hiking, multiuse including bike trails from 0.25 to 3.5 miles

Jefferson Memorial Forest, 11311 Mitchell Hill Road: 0.25 miles walking at Tom Wallace Recreation Area

Hays Kennedy Park, Bass Road off River Road: 0.75 mile walking

Klondike Park, Klondike Lane near Vogue Avenue: 0.33 mile walking

Ohio River Levee Trail, Farnsley-Morman Landing to Riverview Park: 6.5 miles multiuse including bike trails

Petersburg Park, Indian Trail west of Newburg Road: 0.35 mile walking

River Walk, 4th Street/River Road to Chicksaw Park: 6.9 miles multiuse including bike trails

Roberson Run Walking Path, Judge Boulevard and Famous Way: 0.5 mile multiuse

Seneca Park, Cannons Lane and PeeWee Reese Road: 1.2 miles walking, 3.1 miles hiking

South Central Park, Colorado and Weller Avenues: 0.33 miles walking

Southern Parkway Bridle Path, Western Side: 2.6 miles multiuse including bike trails

Thurman Hutchins Park, River Road and Indian Hills Trail: 0.9 miles walking

Tyler Park, Baxter Avenue and Tyler Park Drive: 0.125 mile walking

Upper River Road Path, Zorn Avenue to Indian Hills Trail: 1.125 miles multiuse including bike trails

Charlie Vettiner Park, Mary Dell Lane off Billtown Road: 0.25 miles fitness and unmarked hiking

Watterson Lake, Wheatmore Drive off Manslick Road: 0.25 mile walking

Wyandotte Park, Taylor Boulevard and Beecher Street: 0.25 mile walking





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We're on the web!  
[www.cardinalchiro.com](http://www.cardinalchiro.com)

### Our mission:

To bring health and happiness to our community through affordable chiropractic care given in a safe and friendly environment.

### Hours:

Monday, Wednesday, and Friday 9:00-1:00 and 3:00-7:00  
with Dr. Todd Cremeans and Jessica Clevenger, LMT

Tuesday and Thursday 3:00-6:00

with Dr. Michael Baker

## On the Web!

The past few months we've been using this final article to help you better get to know different members of our staff. This month, we are taking a departure from the norm to introduce you to our virtual office—the Cardinal Chiropractic website.

We recently made several online updates and want all our friends to know about it! On the web at [www.cardinalchiro.com](http://www.cardinalchiro.com), you can:

- Find all our contact information in one central location
- See each doctor's office hours
- Find directions to both of our convenient locations

- Download and print new patient forms
- Read our monthly newsletter full of health tips and money saving offers for patients

As always, we are constantly striving to grow and improve our services for you. Be sure to check back often and see what changes we've made. Soon you will see pictures of our offices, staff, and chiropractic care in progress. Also, you will be able to email us directly through the website

and sign up for paperless newsletters and other information sent directly to your email. Additional plans include adding an online store where you will be able to purchase biofreeze, high quality chiropractic supplies, and natural healthy vitamins and allowing you to pay your co-pay from home.

If you have any suggestions after checking out our new site, please feel free to let us know. We always love getting feedback from our patients!



We've updated our web page.  
Come visit us at  
[www.cardinalchiro.com](http://www.cardinalchiro.com)